

57. The austerity done under a deluded understanding with self-torture, or with ike -object of destroying another,, that is declared Tamasic.—(xvii. 19.)

58. The alms given'to one who does nothing in return,, believing that a gift ought to be made, in a (fit) place- and time, to a worthy person, that alms is accounted Sattvic.—(xvii. 20.)

59. That given with a view to receiving in return, or ,looking for fruit again, or grudgingly, that alms is< accounted Rajasic.—(xvii. 21.)

60. That alms given at unfit place and time, and to> 'unworthy persons, disrespectfully and contemptuously that is declared Tamasic.—(xvii. 22.)

61. Verily renunciation of actions that are prescribed is not proper; the relinquishment thereof from delusion, is said to be Tamasic.—(xvii.¹ 7.)

. 62. He who relinquished an action from fear of pjiysical suffering, saying, " Painful " (thus) performing a R&jasic relinquishment obtaineth not the • fruit of relinquish- ment—(xviii. 8.)

68. He who performeth a prescribed action, saying,. "It ought to be done," O Arjuna, relinquishing a^tarCh- ment and also fruit, that relinquishment is regarded as Sattvic.—(xviii. 9.)

62. And now the threefold kinds of pleasure hear thou. from Me, O bull of the Bharatas; that in which one by practice rejoiceth, and which putteth an end to pafc,— (xviii. 36.)

63. Which at first is as venom, but in the end is a\$ nectar; that pleasure is said to be Sattvic, born of the;

blissful knowledge of the **Self**.—(xviii.
37.)